



Group Play Win
Nepean
June 6



**\$32,685,304
WINNERS**



LONDON metro®

BREAKING HEARTS IN MEXICO

DUTCHMAN ARIEN
ROBBEN'S ATTEMPT TO
WIN A PENALTY DOESN'T
SIT WELL WITH MEXICAN
FANS **PAGE 14**



Victory never tasted so chocolatey

Local chocolatier and soccer
fanatic fashions 2.7-kilo
World Cup trophy out of the
sweet stuff **PAGE 4**

Canucks' ties to London get closer

Two more players with Forest
City connections get picked
up by Vancouver in the NHL
draft **PAGE 14**

Happy Canada Day, London!

There won't be a print
edition of Metro for our
nation's birthday, but we'll
be back at it again on
Wednesday



PRIDE SHINES BRIGHT

Thousands of people, including plenty of Londoners, lined the streets Sunday for Toronto's World Pride parade, capping off more than a week of celebrations. Candi Barr was among those working her magic along Yonge Street. Pride London starts July 18 with the annual parade at 12:30 p.m. on July 27. Check pridelondon.ca for details. RICK MADONIK/TORSTAR NEWS SERVICE

Anti-spam law could take toll on non-profits

Not junk. Group warns
of negative impacts



**MIKE
DONACHIE**
mike.donachie@metronews.ca

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receiving our messages.

That's the request in email
after email for the last few
weeks, as the government's
new anti-spam legislation starts
to have an effect. The law,
which takes force Tuesday, is
designed to stop an avalanche
of unwanted money-making
messages by making sure
people give their consent — or
refuse it. But there's a problem.

Those controls may be ap-
propriate for private business-
es, but what about the good

causes that rely on electronic
mailing lists to stay in touch
with their supporters?

"I think there will be an im-
pact," said Michelle Baldwin,
executive director of London's
Pillar Nonprofit Network. "A
negative impact."

Pillar is advising its mem-
bers to make sure they're
compliant. If not, the new law,
formally called Canada's Anti-
Spam Legislation, could leave
them with a fine. Alarming-
ly, London's city council has been
advised that fines could reach
\$10 million in an extreme case.

But nobody's clear on how
the legislation affects non-
profits, Baldwin explained, and
clarification is being sought
from the government organiza-
tion that's running the show.

That's the Canadian Radio-

television Telecommunications
Commission, and it's promised
to release guidance in early July.
Yes, after the compliance dead-
line.

For now, Baldwin is urging
non-profits to learn all they can
about the issue.

"You have a database you're
using for fundraising and for
telling stories and for keeping
people connected," she said.
"If you have only 20 per cent
of people click 'yes,' then your
audience has just changed. Just
like a business, you need to con-
nect with your stakeholders."

The anti-spam laws have
had a positive effect for some
non-profits, she added. They've
taken the opportunity to re-
view their mailing lists and,
using that as a "stakeholder an-
alysis," refocus their efforts.

Canada



London
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That calls for a 

Metropolis

Science-fiction classic coming to Palace fundraiser

There's a treat in store for movie fans this week, and it's simultaneously a blast from the past and a glimpse of a nightmarish future.

The Palace Theatre, in another fundraiser to help it install a new roof, is presenting the classic movie *Metropolis*.

But the 1927 science-fiction film, widely regarded as a masterpiece of the medium, isn't just the original German expressionist epic. It also includes 25 minutes of re-discovered footage, which was added in recent years when old prints were found in Argentina and New Zealand.

"*Metropolis* is among the most famous of all German films and the mother of sci-fi cinema," says the theatre's promotional material.

"Directed by the legendary Fritz Lang, its jaw-dropping production values, iconic imagery and modernist grandeur remain as powerful as ever."

Metropolis will be shown at 8 p.m. on Friday. Admission is \$10, and everybody gets free popcorn.

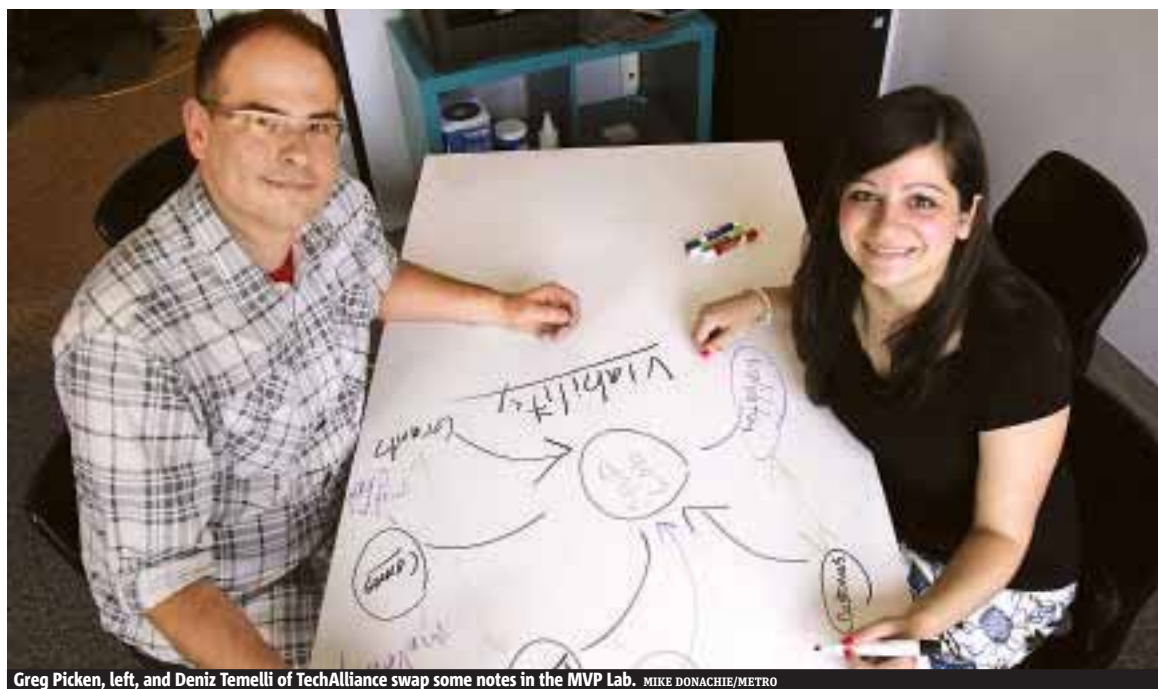
The Palace is working to raise \$150,000.

Movies are running at the theatre all summer. Highlights include a John Hughes double feature, with *Pretty In Pink* and *Weird Science* playing on July 15.

There will also be a special Jim Henson night on July 16, with the *Dark Crystal* and *Labyrinth* on the bill.

Head to palacetheatre.ca for the full list of coming events.

MIKE DONACHIE/METRO



Greg Picken, left, and Deniz Temelli of TechAlliance swap some notes in the MVP Lab. MIKE DONACHIE/METRO

Lab makes daring ideas come to life

TechAlliance. Agency helps entrepreneurs get a 'minimum viable product' off the ground



MIKE DONACHIE
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Ever had an idea that you couldn't wait to make real?

Then TechAlliance has the place for you. It's the public agency that helps tech companies get what they need to start up and grow.

The MVP Lab — standing for "minimum viable product" — is what TechAlliance calls

its startup office facility at Colip Circle near Western University. The staff helps people who have had a "eureka" moment get what they need to move ahead to produce a prototype.

"We work with a lot of early-stage entrepreneurs," said Deniz Temelli, a TechAlliance business analyst running the MVP Lab.

"They come in just at the idea stage, and we have a lot of resources to bring their business along, but they get to the stage where they need to get it out there and take it to the customers."

The lab, which has three years of provincial funding, will be launched at a big event

on Friday. It offers design and other support services to the entrepreneurs.

That could mean developing a "wireframe" of a product or a prototype of an app or computer-aided design work. There's even a 3D printing facility.

Already, one entrepreneur is working in the lab, ahead of its official launch, and more are invited to join in.

With TechAlliance staff across the hallway, other startups in offices nearby and Western University's bright minds just a short walk away, the hope is that people will inspire each other and work together.

"This really hits a key stage

Eureka!

Here's a great idea that's all about great ideas:

- The MVP Lab has an entire wall and a room full of tables covered with a surface that transforms them into whiteboards.
- That means great thinkers can just write down their ideas, wherever they happen to have them.

for many would-be entrepreneurs," said communications manager Greg Picken. "It lets them flesh out an idea."

Rescued boy's father frustrated by red tape

The biological father of a 10-year-old boy rescued from a southeast London home remains in South Korea, separated from the boy because of procedural issues, sources say.

Jay Jung, a journalist for Toronto-based *The Korea Times Daily*, has been talking to the boy's father. Jung said the man is working with authorities to come to Canada in the hopes of getting his son back — but the going has

been slow.

"He's still waiting for the result from the International Social Service (ISS)," Jung told Metro. The ISS is an organization that intercedes in family issues that involve multiple countries.

Police found the boy, who can't be identified, on May 29 after a tip from the public. Authorities say he had been locked in a filthy bedroom for at least 18 months. He was

malnourished but appeared otherwise unharmed.

The child is now in foster care.

Jung said the father is worried sick, can't sleep and can't wait to see the boy and "bring him home."

Police have asked the father to furnish transaction records of money sent to his sister since she became the boy's guardian in 2010, Jung said. SCOTT TAYLOR/METRO



Police officers collect evidence the day after a young boy was rescued from this home, right, on 2421 Asima Dr. METRO FILE

Ontario's new Lt.-Gov. Environment, education, arts among top issues

Even though they may not see eye-to-eye on some environmental issues, Elizabeth Dowdeswell said she's happy Prime Minister Stephen Harper tapped her to be Ontario's next lieutenant-governor.

"Well, I cannot read the prime minister's mind, but I'm delighted that he did pick me," said the future vice-regal.

The veteran civil servant and environmentalist, who also served as undersecretary general of the United Nations, was part of a government-appointed panel that concluded Alberta's oilsands may be a big threat to the environment.

So it came as a surprise to some that the pro-oilsands prime minister would select her as Ontario's next vice-regal.

Dowdeswell said Harper values her broad range of experience in Canada and internationally, which includes stints as deputy minister of culture and youth in Sas-



Elizabeth Dowdeswell
THE CANADIAN PRESS

katchewan, former assistant deputy minister of Environment Canada and the first woman to head the UN Environment Program.

Ontario's two top jobs will both be occupied by women, as Kathleen Wynne, the province's first elected woman premier, was sworn in on Tuesday. Dowdeswell's official start date as lieutenant-governor hasn't been announced. **THE CANADIAN PRESS**

Strathroy-Caradoc. Deputy London fire chief headed to new job

London's deputy fire chief has accepted a new post.

Brian George is to become the chief of the Strathroy-Caradoc Fire Department, according to a post on the department's Facebook page.

He'll take over the position Aug. 18 from Tom Gibson, who's retiring after 45

years with the volunteer department.

George has worked in fire services for 30 years, progressing through the ranks in London. He lives in the Strathroy-Caradoc area, according to the department, and serves on the Strathroy-Caradoc Police Services Board. **METRO**

Lucan-Biddulph Township. Naked pedestrian critically injured in crash

Provincial police say they're investigating after a naked man was struck by a car and critically injured in south-western Ontario.

Police say officers responded late Saturday night to a report of a suspicious man at the front of a Main Street home in Lucan-Biddulph Township, north of London.

Const. Liz Melvin says the 31-year-old man was naked and appeared to be trying to

enter the home.

Melvin said he left for unknown reasons and then started to walk north along the street.

A short time later he was hit by a southbound car. Police said he was walking in the road at the time.

The man was taken to hospital with life-threatening injuries and is listed in critical condition. The investigation is ongoing.

THE CANADIAN PRESS



All eyes may be on that big soccer event in Brazil, but this Brazilian Londoner was determined to be involved in some way. Marc Forrat, chocolatier and soccer fan, has recreated the World Cup in finest European-style chocolate. **MIKE DONACHIE/METRO**

World Cup wonder in chocolate form

European-style treat.
Chocolatier's amazing
2.7-kilo creation



MIKE
DONACHIE
mike.donachie@metronews.ca

It could be the closest most Londoners get to the World Cup, and this version is definitely more delicious than the real thing.

Chocolatier Marc Forrat used all his skills to make a chocolate version of the famous soccer trophy, as 16 teams battle to win it in his home country.

"I'm from Brazil," he said. "The blood that runs in my veins is French, so I feel like I should support my beloved countries."

"My whole in-laws' family are from Portugal, so I wanted to support Portugal as well. I just feel the spirit."

Forrat doesn't want to give away all his secrets, but he did say the creative process took diligence and patience.

He used a silicone mould to make the chocolate trophy and, because it can be re-used, he could probably make another chocolate World Cup in four hours.

The finished product weighs about 2.7 kilos (six pounds) and is made entirely of European-style pure milk chocolate.

Hours

10

About 10 hours: Length of time it took chocolatier Marc Forrat to sculpt his sweet version of the World Cup trophy.

As for finding an owner, Forrat isn't just selling the cup at his shop in Covent Garden Market. He plans to have a raffle, so one lucky chocolate fan could score an open goal.

Preston hanging up his hat in Ottawa



Joe Preston CONTRIBUTED

Longtime Elgin-Middlesex-London MP Joe Preston is calling it quits.

Preston released a statement Sunday saying he plans to retire at the end of his term and won't seek re-election in 2015.

He was first elected to represent Elgin-Middlesex-London on Parliament Hill in 2004, then won re-election in 2006, 2008 and 2011.

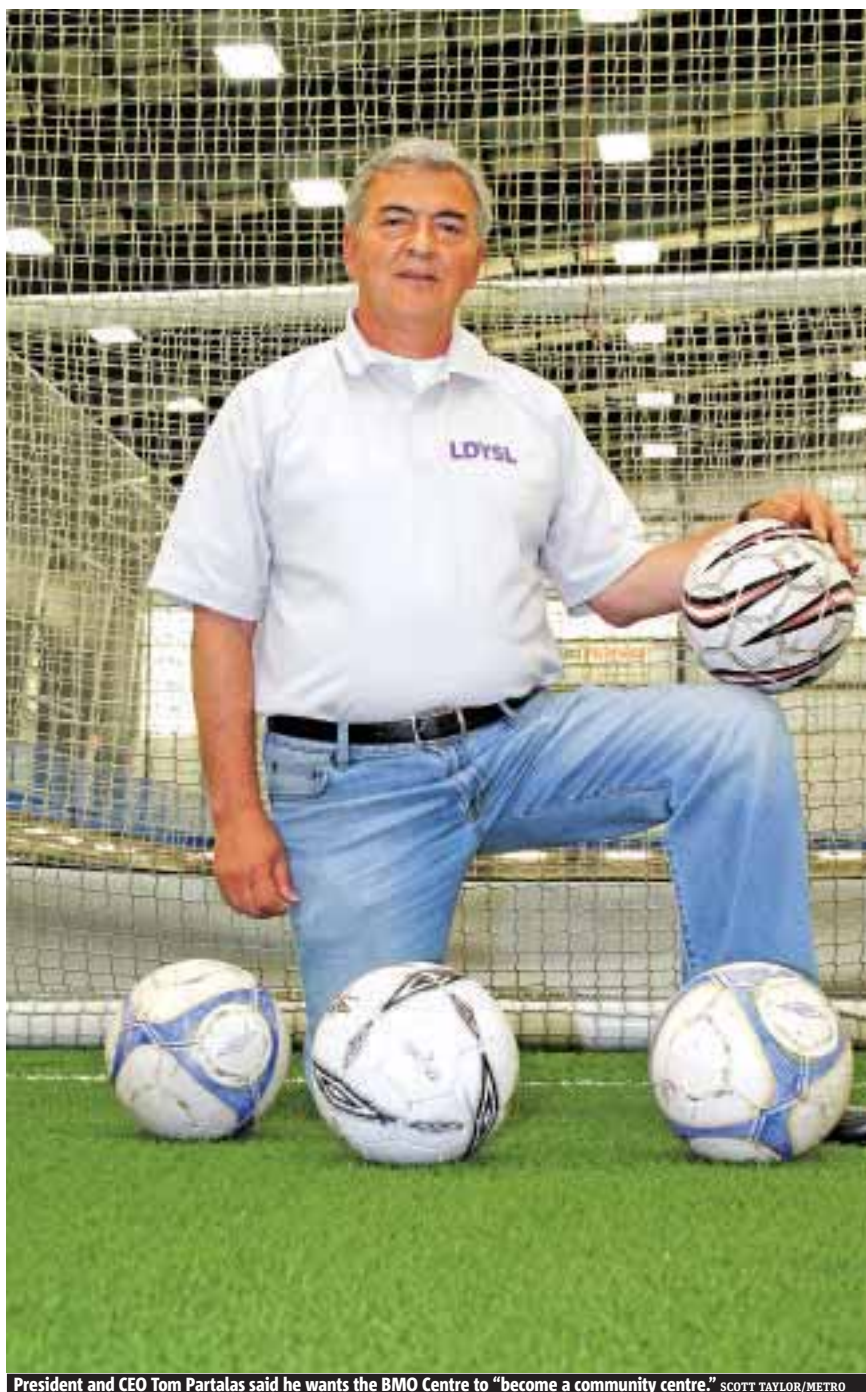
Preston serves as chair

of the House of Commons Standing Committee on Procedure and House Affairs. He's also chair of Canada's branch of the Commonwealth Parliamentary Association.

"As I reflect on the past 10 years I take great pride in the service that my office has provided. Together, my staff and I have responded to over 115,000 phone calls, emails, letters and visits. We have

helped constituents access a wide variety of federal programs and services, and we continue to put the people of Elgin-Middlesex-London first," he said in a statement. "While I have chosen not to run in the 2015 election, I remain committed to carrying out my final term in office."

Preston, a Conservative, said he made the decision "after a great deal of thought and prayer." **METRO**



President and CEO Tom Partalas said he wants the BMO Centre to "become a community centre." SCOTT TAYLOR/METRO

BMO Centre bursting at the seams

Expansion planned.
Massive indoor sports facility gets near half a million users a year



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The BMO Centre has become London's "best-kept secret," according to its president and CEO.

That's perhaps a tough sell, especially when the 116,000-square-foot facility has now close to half a million people going through its doors each year.

But Tom Partalas is not just any pitchman trying to push his \$14 million soccer and multi-sport building to unsuspecting listeners.

"I retired when we built this place, so this is my baby," Partalas told Metro, during a tour of the facility on Rectory, just south of the train tracks.

With start-up money from the city, province and federal governments, it has been going

alone every since.

The facility, which opened in 2011, has four indoor soccer fields that can be changed to one full-size outdoor-sized pitch when needed.

More than 90 per cent of the play is soccer, but it also houses ultimate Frisbee, rugby, the Western football team, model airplane flying and even miniature golf for the youngsters in the summer time.

And it has a huge walking and running track.

"It's the longest in Canada, with 1,360 feet around. I always say if you go around 114 times, you have completed a marathon," Partalas said.

But the issue now is they are simply not large enough to handle everyone during the busy October-to-April indoor season. So a 60,000-square-foot expansion is planned to be completed by the fall of 2015.

"It's a massive building and of course when we go with the expansion, we believe it's going (to be) the largest indoor facility in Canada," he said.

And maybe then, maybe — nudge, nudge, wink, wink — people will know where it is.

In London alone

Over 33,000 registered for soccer

The London area has 33,000 people registered to play soccer each year. So its no wonder the BMO Centre is so busy for the indoor season.

Centre president Tom Partalas said there are now more than one million people in Canada participating in soccer, compared to about 520,000 in hockey.

"We are almost 2-to-1 over hockey in Canada now, and it's growing," he said.

Partalas, now 63, moved to London from his native Greece when he was 16 and hasn't left, attending South high school and Western University.

"That was my dream. I wanted to build something for the City of London and leave it for the City of London to enjoy for the years to come," he said.

"It's more of a donation to the people of London, especially for the kids. They are the ones who will benefit from it." **DAVE LANGFORD/METRO**

Good deal too

"Everybody can come and use it and not spend a lot of money."

BMO Centre's president and CEO Tom Partalas

Mid-week Canada Day has its haters: Workers

On Monday, some people will go to work begrudgingly, knowing that others are still taking a holiday break.

Canada Day falls on a Tuesday this year, and because of the "weird gap" it creates in the work week, some workplaces have created a de facto extra-long weekend.

"The suckers are the people who are going to be working," said Philip Chin near his Toronto office, where he'll be in on Monday morning.

Odd

"It's just a weird gap in the week."

Worker Laura Swietochowska

"A lot of people will be taking it off covertly," said Chin. "They'll be doing as little as possible on that day."

Unlike Victoria Day or Thanksgiving, which are sliding statutory holidays that always create a long weekend,

Canada Day is celebrated July 1 — whenever that falls.

Changing Canada Day to consistently create a long weekend, though, might be more of a hassle than the weird schedules it creates. It would require an act of Parliament.

Next year, Canada Day will split the week again when it falls on a Wednesday — but after that, it'll create a long weekend for the following four years.

THE CANADIAN PRESS

Zorra Township

Teen killed in dirt bike accident

Provincial police say an 18-year-old Mount Brydges man has died of injuries suffered in a dirt bike accident in Zorra Township, east of London.

Police say Tyson Gortva was attempting to manoeuvre a jump at a track on Saturday afternoon, when he was thrown from his dirt bike.

Gortva was airlifted in critical condition to a London hospital, where he died of his injuries.

THE CANADIAN PRESS

Forest City Beer Fest. Bigger festival planned for August, entrance free

The Forest City Beer Fest has brewed up an early look at this year's schedule.

Libations will flow Aug. 16 at Covent Garden Market for what's billed as a bigger and better event than in past years.

Oh, and to make the experience all the more merrier, organizers have nixed the admission fee to the beer garden. Which, aside from an optional \$30 class on beer and cheese pairings, makes the event free.

METRO

Info

Plan your Beer Fest right

- It all starts at 11 a.m. The Beer Garden at Rotary Square opens at 2 p.m. for those 19 and older.
- Talbot Street will be closed near the market with food trucks, brewing demos and more. **METRO**

UN. Health officials want more money for mothers, but interventions failing

In the past decade, billions of dollars have been spent trying to save the lives of mothers in developing countries using strategies, usually inexpensive drugs, deemed essential by the UN health agency.

Yet two large analyses of maternal health programs—including one conducted by the UN itself—report that the efforts appear to be almost useless, raising troubling questions about why all that money was spent.

While critics are calling for the pricey global initiatives to be significantly overhauled, the programs are still being implemented, despite little proof they work. The practices mainly involve procedures like ensuring women giving birth get cheap drugs such as magnesium sulphate to treat labour complications, or pre-emptive antibiotics for those getting a caesarean sec-

Dollars for what?

At an international meeting of UN partners starting Monday in South Africa, health officials are getting ready to ask donors for even more money to pour into maternal health programs.

- According to research scientists found no link between the supposedly life-saving interventions and the death rates of women giving birth.

tion. Even public health officials acknowledge they were taken aback by the studies.

"Nobody could have been more surprised than I was when we got the results," said Dr. Omrana Pasha of Pakistan, who led one study of maternal health interventions. **THE ASSOCIATED PRESS**

He's back! Rob Ford returns from rehab with four months to election

Toronto Mayor Rob Ford is set to leave rehab Monday, returning to the intense public glare from which he has been relatively absent for two months since he was forced to seek help amid fresh allegations of drinking and drug use.

Ford plans to resume his mayoral duties—curtailed by city council in November following his "drunken stupors" and crack-cocaine admissions—in the afternoon, according to a letter he sent to the city clerk's office.

But with less than four months left in the term, the bulk of the renewed Ford

attention will likely be focused on his bid to win another four years in office. His city councillor brother-turned campaign manager, Doug Ford, has indicated the mayor will also resume fighting for re-election in the Oct. 27 vote. The mayor will make a statement upon his return, but won't field any questions, Doug Ford added.

Several city councillors have remarked at how calm city hall has been in Ford's absence. A Washington think-tank held a symposium to explore how Toronto ever elected Ford.

THE CANADIAN PRESS



Rob Ford leaving home in May. Now he returns from rehab. **THE CANADIAN PRESS**

22 die as buildings collapse in India

Weekend tragedies.

Dozens still trapped employees as two structures cave in on weekend; police question workers

Police in southern India detained five construction company officials Sunday, as rescuers using gas cutters and shovels searched for dozens of workers believed buried in the rubble of a building that collapsed during monsoon rains.

It was one of two weekend building collapses that killed at least 22 people.

Nearly 90 contract workers were believed to have been in the basement of the 11-storey structure to collect their wages when it collapsed Saturday on the outskirts of Chennai, the capital of Tamil Nadu state.

Police said 31 had been pulled out so far; four died on the spot and another seven succumbed to injuries in a hospital.

The exact number of those trapped was unknown but rescuers could hear feeble voices in the debris, said T.S. Sridhar, the disaster management agency commissioner. Officials used gas cutters, iron rods and shovels after cranes lifted concrete blocks to get to the survivors.

"Removing debris is a major challenge. It may take two to three days to clear the rubble," said S.P. Selvam, who is heading the rescue operation.

Police officer George Fernandes said two directors, two engineers and one super-



Rescuers with a sniffer dog search for workers buried in the rubble of a building that collapsed late Saturday during monsoon rains on the outskirts of Chennai, India. ARUN SANKAR K/THE ASSOCIATED PRESS

Rescue operations & investigations

"Removing debris is a major challenge. It may take two to three days to clear the rubble."

S.P. Selvam, who is heading the rescue operation. Police said two directors, two engineers and one supervisor of the construction company were detained for questioning.

visor of the construction company, Prime Sristi, were detained for questioning as authorities began investigating the collapse.

Balaguru, one of the builders (who uses only one name), said the structure collapsed possibly due to the impact of lightning.

"Usually, once the construction gets over we install the equipment to prevent

the building from a thunder strike. It was nearing completion," the Press Trust of India news agency quoted Balaguru as saying.

India is notorious for building collapses.

In April last year, 74 people were killed when an eight-story building being constructed illegally in a Mumbai suburb collapsed.

THE ASSOCIATED PRESS

Sad record

Earlier Saturday, 11 people died and one survivor was being treated in a hospital after a four-storey, 50-year-old structure toppled in an area of New Delhi inhabited by the poor.

- Most homes in that part of the capital were built without permission, using substandard materials, police said.
- Building collapses are common in India. Lax regulations encourage builders to cut corners, add unauthorized floors or use poor materials.

Group declares Islamic state

The al-Qaida breakaway group that has seized much of northern Syria and huge tracts of neighbouring Iraq formally declared the creation of an Islamic state on Sunday in the territory under its control.

The spokesman for the Islamic State of Iraq and the Levant, Abu Mohammed al-Adnani, made the announcement in an audio statement

posted online. Islamic extremists have long dreamed of recreating the Islamic state, or caliphate, that ruled over the Middle East in various forms for hundreds of years.

Abu Mohammed al-Adnani declared the group's chief, Abu Bakr al-Baghdadi, the new leader, or caliph, of the Islamic state, and called on those living in areas under

the organization's control to swear allegiance to al-Baghdadi and support him.

"The legality of all emirates, groups, states and organizations becomes null by the expansion of the caliph's authority and the arrival of its troops to their areas," al-Adnani said. He added the group was changing its name to just the Islamic State.

THE ASSOCIATED PRESS



Iraqi security holding a flag of the new state. **THE ASSOCIATED PRESS**

Loose-lip leader can sink stock



HOW TO ROLL
Alison Griffiths
metronews.ca

Top leaders are kind of important when billions of shareholder dollars are at stake. Lululemon shareholders are keenly aware of the impact a leader can have.

The company's stock has nosedived more than 50 per cent since founder and resident loose cannon, Chip Wilson, said the company's infamously sheer yoga pants fell apart because some women's thighs were too large.

Abercrombie and Fitch CEO Mike Jeffries also had a case of foot-in-mouth when an interview recorded in 2006 resurfaced last year. "A lot of people don't belong [in our clothes]," he said, "and they can't belong. Are we exclusionary? Absolutely."

And the stock absolutely plummeted from just over \$50 US to under \$32.

It isn't always gaffes from those in the corner office

What investors say:

- 32 per cent base their decision to invest on perception of the CEO
- 40 per cent would sell stock based solely on a new CEO
- 15 per cent would buy stock based solely on a new CEO

FTI CONSULTING SURVEY 2011

that skewer a company's price. Apple is perhaps the most famous example of the impact a departed leader can have.

After the legendary Steve Jobs died in October 2011, Apple stock continued to drift upward. But the honeymoon period for successor Tim Cook ended a year later.

Investors worried that he didn't have Jobs' innovation gene and the stock price quickly went south. It dropped from \$100 (accounting for the recent seven-for-one stock split) to under \$60



Lululemon Athletica founder Chip Wilson arrives for the company's annual general meeting in Vancouver, B.C., on June 11. JONATHAN HAYWARD/THE CANADIAN PRESS FILE

in just 10 months.

At the other end of the spectrum is Hunter Harrison. When the 11-year veteran of CN stepped into the CEO slot of underperforming rival CP Rail in 2012, the celebration began. The stock went from flatlining in the low \$50 range to \$190.

But investors can be forgiving of blunders. Wilson, a majority shareholder at Lululemon, caused the stock to inch up 3 per cent last week by retaining Goldman Sachs to consult on a company shake-up.

Even more dramatically, American Apparel shares

jumped 15 per cent last week when recently ousted founder Dov Charney vowed to re-take company control.

But this increase is hard to understand given that Charney's blunders dropped the company from a \$4 stock to a 50-cent one over the past six years.

CRTC

Rogers, Bell clash over local TV

Two of Canada's biggest telecommunications companies are clashing over the future of local television.

In its submissions to the CRTC, Bell said it believes changes should be made by the regulator to allow local TV stations to be reclassified as "local specialty services." But Rogers says it won't support the plan for the new expenses, which it feels would likely filter down to the cable bills of customers. **THE CANADIAN PRESS**

Unions

Walmart to pay up, court rules

The Supreme Court of Canada has ruled in favour of Quebec workers who lost their jobs at a Walmart store in Jonquière, Que., when it shut its doors suddenly, within months of its employees unionizing. The court ordered that the workers be compensated.

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DON'T FORGET TO REFLECT

I have spent Canada Day in five different cities over the years, including one in our nation's capital, where I took in the festivities on Parliament Hill.

My favourite? Probably the Canada Days of my teenage years when I made annual trips with a friend to Toronto to catch a Blue Jays game. The Blue Jays, who wore special red jerseys and caps adorned with the maple leaf, played the Montreal Expos (which still existed) a few times on Canada Days in the '90s. We never thought it strange that between the two teams there were maybe one or two Canadians on the field.

Of course, that didn't change the way we celebrated. In fact, not much does change the way we collectively celebrate Canada Day, does it? There's food, there's fun and there are fireworks. And often, there is a lot of Canadian pride.



URBAN COMPASS

Todd Devlin

london@metronews.ca

But sometimes, I'll admit, I'm not sure what I'm celebrating. I know it's a birthday (Canada's 147 this year). In that vein, then, maybe we should observe it in the way many of us do our own birthdays.

Partying? For sure. But also some reflection.

Perhaps Canada Day should also be about taking stock. How are we doing? Where are we headed? I think most of us can agree that, relatively speaking, we're doing pretty well. We're a free country, we have access to education and health care, and we're a relatively accepting bunch. But there is room for improvement, and more than you might imagine.

Last year, for instance, a Conference Board of Canada report found that Canada was falling behind on poverty and income inequality, ranking seventh out of 17 developed countries. The author of that report went so far as to say the findings were "myth-busting" of the notion that Canada's a "kinder, gentler nation." In that same report, Canada ranked ahead of only the U.S. for

child poverty (15.1 per cent). The Canadian Centre for Policy Alternatives, meanwhile, has reported that the poverty rate among status First Nations children is 50 per cent.

Fifty per cent — that number is so appallingly high, we should all be embarrassed.

And while we're talking embarrassment, how about the fact that our government continues to fall short on its support for our military veterans? Earlier this month, protesters took to Parliament Hill and argued that the system is rigged to deny and delay insurance benefits in the hope that the claimants will eventually die. There's no doubt our Conservative government has work to do to provide our vets with the support they need and deserve.

So, yeah, I'd say we have a few things to improve, wouldn't you? This Canada Day, I'll be celebrating the fact that I live in a pretty darn good country. But I'll also be thinking about where we fall short and how we can make it an even better place to live.

Follow Todd Devlin on
Twitter @UrbanCompassLdn



LOCHIN' IT DOWN



People say they are mad for trying, but this crew is going to pedalo around the North Sea, anyway. COURTESY HOWARD SIMONS

Monstrous challenge

Pedalo-ing up some cash



ED FOSTER
Online editor at
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magazine, 31,
based in London

Four friends are bidding to become the first people to sail around the 500-mile northern tip of Scotland by pedalo.

Metro talks to Ed Foster, founder of the 500-mile Pedalo project.

What is the idea behind the project? It's all about raising money for charity. My father was diagnosed with Parkinson's disease six years ago and, despite him putting on a brave face, it really is an absolutely terrible disease. Last year my friends Tash and Nico lost their mom to lung cancer only two months after diagnosis. It was a massive shock to all of us.

Why choose a pedalo? It's not very leisurely out on the North Sea ... Not at all (laughs). Our pedalo, named Mutly, is in the shape of the Loch Ness monster and that's going to make it tougher due to wind resistance. The chal-

lenge is as ridiculous as it is mad, but that's why we love it.

Do your families think you're bonkers? Yes, pretty much.

What have been the main challenges in preparing for this feat? Getting the right pedalo made for it. Pedalos are used on calm lakes as a leisurely way to pass five minutes. No one does missions on pedalos and I have never met a 'pedalo specialist.'

And yet you're taking to the water ... Failure is not an option for us. We will finish the task even if we lose half the boat in a storm.

METRO

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In this issue, you can find AR enhancements on page 9 in Scene and page 14 in Sports

MetroTube

Plenty of cheers in city of Algiers



ANDREW FIFIELD
andrew.fifield@metronews.ca

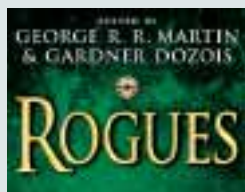
It's been a very tough run for Algeria at the past few World Cups, so when the nation officially advanced to this year's round of 16 by playing Russia to a draw, it was time to celebrate. And by that we mean time for the entire city of Algiers to lose its mind and get with the fireworks.

It sure would be nice for Canada to be involved in this little soccer tournament. It looks fun. (Minaghitart/YouTube)



JOHN SUPER/THE ASSOCIATED PRESS

Ebooks

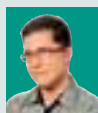


Rogues

By: George R. R. Martin &
Gardner Dozois

Kindle/iBooks/Kobo

.....



MIND THE APP

Kris Abel
@RealKrisAbel
scene@metronews.ca

The savagery which the Game of Thrones series is known for can be traced back to one man, Prince Daemon Targaryen, whose tale is included here amongst a collection of short stories about rogues edited by George R. R. Martin. All the stories are deliciously fun, but it's the inventive scoundrels of Neil Gaiman and Connie Willis who steal the show.

BBC

He's coming back! Sherlock to return for Christmas 2015

Martin Freeman, who plays Dr. John Watson on BBC's Sherlock, dropped the first hint of what's to come for the show since its third season aired in January. In an interview with Britain's The Telegraph, he revealed that Sherlock will resume filming early next year — for what will likely be a Christmas 2015 special.

But that wasn't the only new information Freeman dropped about the fate of the show.

"We generally follow the trajectory of what (Arthur) Conan Doyle did. So (Watson) gets married, and then (his wife) Mary dies — so at some point presumably she'll die," Freeman told the Telegraph.

EVA KIS/METRO IN NEW YORK CITY



Benedict Cumberbatch and Martin Freeman on Sherlock.

CONTRIBUTED

Under the Dome gets 'so Stephen King-ian'

Dean Norris. Actor dishes on his dastardly character's 'come to God' moment and the Dome as a cruel master



NED EHRBAR
Metro in Hollywood

Dean Norris picked one heck of a series as a follow-up to Breaking Bad, taking on the dastardly role of local politico Big Jim on Under the Dome, based on the novel by Stephen King. That choice certainly seems to be working out for him. The series, a smash hit last summer, returns Monday at 10 p.m. ET/PT on Global for another season chronicling the mysteriously cut-off town. Here, Norris lets us in on what to expect this year.

Where we find Big Jim at the start of the season:

Big Jim thinks that he knows what's best for the town and he thinks he's inspired by the Dome to do what he does ... What happens in the first episode is that he comes to an awakening and he re-evaluates his position and his kind of personal trajectory and decides that maybe a different kind of Big Jim is required to survive under the Dome. Whether that turns out to be truthful or not, that's what we'll find out as the season goes on.

One of the things that Big Jim is trying to deal with is seeing if there is enough food for everybody, if there is enough water for everybody, what resources are left for us to survive under the Dome. That's definitely one of the themes that we deal with, and Big Jim in particular is looking to try to answer or come up with a solution for.

Whether Big Jim might be lightening up a little this season:

Actually, I think so. I think part of the transformation, the kind of theme we are talking about this year includes some redemption for Big Jim. It's actually in the first episode that he has kind of a "come to God" or "come to Dome" moment where he believes that maybe his purpose in life shouldn't be to be so nasty. And that's kind



Dean Norris stars as bad boy Big Jim on Under the Dome. GLOBAL



Mike Vogel and Rachelle Lefevre also star in Under the Dome. GLOBAL

of a story arc that continues throughout the season; whether he has a higher purpose, a greater purpose other than just killing people and being mean to his son.

The rules of life under the Dome:

The Dome is a harsh master.

I think we are discovering what the Dome can and can't do. That's part of the season arc. I think we are all struggling to find out what it means, what its powers are, whether it's good or whether it's bad, whose side it's on. So all of those are questions that we attempt to answer

AUGMENTED REALITY

→ What can fans expect from Season 2 of Under the Dome? Scan this photo with your Metro News app for a video of Stephen King, Dean Norris, Rachelle Lefevre and others talking about what's coming.



→ See the full instructions on Metro's Voices page.

Change of heart

"What happens in the first episode is that he comes to an awakening and he re-evaluates his position and his kind of personal trajectory and decides that maybe a different kind of Big Jim is required to survive under the Dome."

Actor Dean Norris on his character on Under the Dome

and that we struggle with throughout the season, basically getting to know that exact thing, what is it about, what could it do?

Bringing in Stephen King to write the first new episode:

Can I say something about Stephen King? The first episode is so Stephen King-ian and part of it is that almost in the midst of the kind of most horrifying and tragic elements, there are these little lines that are almost kind of humorous. It was so cool to see that because it's in his books and it was so cool to see it in the script.

I think you will see in that first episode there are moments where Big Jim maybe sees ghosts or they may be ghosts or they may be whatever they are. And while it's a kind of a terrifying or horrifying situation, it's also funny to see Big Jim have to squirm with these kind of Ghosts of Christmas Past and the future and have to deal with them. And it's such a Stephen King-ian thing and it's all present there in the first episode that he wrote.

2 SCENE



Shia LaBeouf ALL PHOTOS GETTY IMAGES

Shia transforms into angry drunk, gets arrested

Professionally not famous anymore actor Shia LaBeouf hasn't been having a very pleasant time in New York lately. The Transformers star was arrested this weekend after drunkenly causing a scene at a performance of Cabaret, during which he reportedly disrupted the show, shouted at the actors on stage, smoked what some witnesses say was a joint indoors and fell out of his chair, according to Fox News.

When LaBeouf was asked to leave, he refused, reportedly yelling at security, "Do you

know who the f— I am?" He was charged with five counts of disorderly conduct, criminal trespass and harassment.

LaBeouf also apparently taunted and threatened police officers even after being handcuffed and had to have a face mask put on because he would not stop spitting at the officers. According to Page Six, LaBeouf was also spotted earlier in the evening chasing a man who appeared to be homeless through Times Square demanding he hand over a McDonald's bag. **METRO**



Robert De Niro

Meet the neighbours: De Niro crashes viewing party

If you're planning on having a World Cup viewing party for any upcoming games, be sure to leave room for Robert De Niro. The Oscar-winning actor reportedly crashed a get-together at an apartment near the Brooklyn set of his new film to watch last week's match between Germany and

the U.S., according to Business Insider. Apparently the movie's studio, Warner Bros., was ready to mount a satellite dish on a nearby building and run a cable down to his trailer if they couldn't find accommodating hosts for De Niro and company, but luckily it didn't come to that. **METRO**

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Pop goes the week



Ryan Seacrest gets his bod bikini-ready



STARGAZING
Malene Arpe
scene@metronews.ca

Ryan Seacrest tweets that he's doing something called a Bikini Kleanse and asks his followers not to judge. Dude, there's no judging here. You can do whatever you want with your bikini as long as you buy a dictionary.

Gary Oldman rants against "political correctness" and spews a wide variety of racist, anti-gay and misogynist slurs during a Playboy interview. That's really too bad, and it leaves an unexpected, gaping vacancy on my all-time list of actor crushes. So welcome, guy who plays Hook on Once Upon a Time.

Kanye West's commun-

ity service for attacking a photographer will be served teaching at a fashion school. Leather Jogging Pants 101 and Yelling for no Reason 102 are already booked solid.

Gordon Ramsay announces he will be making no more Kitchen Nightmares shows. He won't have time, since he promised Kanye to help him out teaching one of those college courses.

While visiting the set of Game of Thrones, the Queen declines a chance to sit on the Iron Throne. She didn't care that it would have been turned into a massive meme or that her entire reign would have been nullified by one pop culture moment. She was just really afraid the tiny magnets sewn into her skirt to prevent lifting would cling to the throne.

One Direction is releasing a cosmetics line. Sigh. All this time I thought it was the way I flipped my hair that made me beautiful.



Neil Patrick Harris

NPH leaving NYC because his hubby doesn't trust him around flirty guys

Neil Patrick Harris wasted no time announcing his exit from the Broadway production of Hedwig and the Angry Inch after winning his first Tony award, but apparently it wasn't just because he thought his work there was done. "Neil and (husband) David (Burtka) came to an agreement that he would let Neil do Hedwig on Broadway for six months, including the rehearsals and previews," a source explains to Radar Online. "David didn't trust

leaving Neil in New York to do the show while he and the kids went back to L.A. because he knows that other guys are always very flirtatious with Neil in L.A. and he didn't want to risk it in New York. At least in L.A. David is always around to make sure it never goes any further. And not to say certain guys haven't become 'friendly' with David in New York, too, but without each other around it's hard to resist other guys hitting on them."

METRO

Rick Ross arrested after failing to appear in court

Rapper Rick Ross has been released after his arrest following a U.S. concert.

Greensboro Police Department spokeswoman Susan Danielsen says Ross was taken into custody Friday after the SuperJam concert in Greensboro, N.C. She says a court had issued an order for his arrest because he failed to appear in court on a previous misdemeanor marijuana charge.

The rapper, whose real name is William L. Roberts, was taken into custody after



Rick Ross

his performance. Danielsen says he was released on \$1,000 US bond. **THE ASSOCIATED PRESS**

Twitter



@rihanna

When I was 17, I took my first selfie!



@victoriabeckham

Daddy bought chocolates home from Wimbledon. Happy boys and baby girl!



@lenadunham

My mother really is the only a—hole who would offer me a leather throw pillow to sleep on

Give your kids some credit

Bank of Mom & Dad.
Teaching children as young as 10 how credit works will pay off



GAIL VAZ-OXLADE
Gail blogs daily at
gailvazoxlade.com

As a society, we're no damn good at handling credit. Since it's only a matter of time until someone comes and waves a credit card under your kids' noses and says, "Try it, you'll like it," your job is to make sure they're prepared to deal with credit smartly.

Can you imagine walking into a bank and saying, "Scuse me, but I don't have a job, I've never had credit, may I have a credit card, please?" They'd laugh uproariously at your impudence. Yet every year lenders hand out thousands of credit cards to unsuspecting students who have no visible means of repayment and don't understand the impact of failing Credit Management 101.

Want to change that for your children?

As early as 10, start teaching your children how credit works, when to use it, and how to spend only what they can afford.

Issue your child a credit card on the Bank of Mom & Dad. Have Sonny Boy design the card and draw up a cardholder's agreement that you both sign. In the agreement, lay down the rules: How much credit he can use (the "credit limit"), when his statement will arrive, how much time he has to pay (the



Life in plastic? It's fantastic if your kid first understands how credit works. ISTOCK

"grace period"), and the minimum payment required. Most importantly, describe with examples how much interest your child will have to pay on any balance outstanding.

The point of the exercise is to help kids to learn the reality of credit use. Lesson #1: When you use someone else's money to buy stuff, that stuff costs

more. You must charge interest.

Don't come hissing and spitting at me with terms like "usury" and "profit." I'm not suggesting you build your retirement plan from your child's borrowing. If you want children to experience the true impact of using someone else's money to meet their spending

Loan them your expertise

It's far better for your kids to experiment with credit under your careful guidance so that by the time they head off on their own, they'll have mastered their debt responsibilities.

needs then interest must be a part of the equation.

If you teach them it costs nothing more to acquire that scooter than the ticket price, are you really preparing them for the credit cards and personal lines of credit that are in their futures?

How much interest is enough? I suggest you go with 28 per cent a year — like a store card — otherwise the interest is not significant enough for them to feel the pinch and learn the lesson.

Now Sonny Boy can use his credit card when he sees something he wants to buy, but doesn't have any money. He gives you his credit card. You make the purchase on his behalf. You give him a charge slip to sign (a receipt book will do nicely for this). And you return his card and charge slip.

At billing time, you total his charges and present him with a bill that shows the minimum payment and the total outstanding balance. In a perfect world he pays you back in full. More likely, he makes a partial payment and carries a balance and you're in the business of calculating interest.

If you're giving an allowance from time to time, you

may be hit up for an advance. This is another opportunity to teach about borrowing. Make sure to charge Baby Doll interest on the advance.

What if Baby Doll won't repay the advance? Time for Lesson #2: Inconsistent repayment affects your ability to borrow in the future. Tell her that before you give her another loan, she must offer you some form of collateral. It may be her bike, her telephone or her iPad. Make up a loan agreement and include a paragraph that clearly spells out that if the loan is not repaid on time, you have the right to take whatever collateral she has given you until the loan is repaid.

If Baby Doll consistently slips off the repayment path, you could withhold a part of her allowance and apply that to the repayment of the loan (like having your wages "garnished"). But then you are removing the responsibility for making the repayment from your child. A better lesson would be to insist upon repayment as soon as you have given the allowance. Create a chart showing how much she owes. Each week, reduce the amount owed so she can see her progress in repaying the loan.

A child who does not repay a loan on time needs to see the consequence of a bad credit history: No more loans. And the child who is constantly borrowing may benefit from having a loan request declined to teach how constant borrowing reduces her ability to repay (and therefore qualify for) yet another loan.

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Let friends help you see the bright side

Self-esteem study.
Empathy and reframing can help flip a sombre pal's mood sunny side up, research shows

Being open to positive remarks from friends and family, even during a rough patch, is important for self-esteem, according to researchers at Waterloo University and Wilfrid Laurier University.

The study, which involved 113 undergraduate students with a mean age of 20.3, indicates that self-esteem is in some way a choice, based on

an affinity for the positive.

Overly negative views, they say, spark a chain reaction in which rejection from a lover or potential employer can be interpreted as trail markers along the path to worthlessness.

"People with low self-esteem want their loved ones to see them as they see themselves," says Professor Denise Marigold, from Renison University College at Waterloo and lead author of the study. "As such, they are often resistant to their friends' reminders of how positively they see them and reject what we call positive reframing: expressions of optimism and encouragement for bettering

their situation."

Participants reported that consoling friends and colleagues with low self-esteem was exhausting and frustrating due to their friends' fundamental lack of desire for positive reframing.

The research team found that in consoling a friend with low self-esteem, empathy is often the best approach.

This extends to identifying their negative feelings about their predicament as appropriate.

"If your attempt to point out the silver lining is met with a sullen reminder of the prevailing dark cloud, you might do best to just acknowledge the dark cloud and sym-

pathize," says Marigold.

Additionally, participants reported that trying to cheer up a friend with one such dark side often made them feel worse about themselves, suggesting that low self-esteem is contagious.

Fortunately, there is good news, for if the sombre study didn't have a sunny flip side, then self-esteem would be a rare commodity.

Being open to positive reframing and allowing friends and family to cheer you up can greatly enhance self-esteem.

The findings were published in the *Journal of Personality and Social Psychology*. AFP



Feeling blue? Friends can help you cultivate a sunny attitude. ISTOCK

3
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Make basil pesto green with envy with an olive-parsley alternative



ROSE REISMAN
For more, visit
rosereisman.com or
follow her on twitter
@rosereisman

This delicious olive pesto goes so well with a perfectly cooked cut of beef.

The key to the best flavour and texture with flank steak is to marinate it and don't forget to cut it across the grain.

You can marinate this with a bottled light Italian dressing or use olive oil, lemon juice (or vinegar) and herbs.

Flank steak is one of the leanest cuts of beef you can buy. It's best to cook it medium to medium-rare for the best flavour and texture. Use a meat thermometer and remove from heat when internal temperature reaches 130 F, which would yield medium-rare.

The olive-parsley pesto that you'll top the steak with has a unique taste compared to regular basil pesto. I prefer parsley as it's less expensive and keeps its colour when chopped.

Marinate the steak up to

Ingredients

Olive Parsley Pesto

- 1 cup well-packed parsley leaves
- 3 tbsp olive oil
- 1 clove garlic
- 1/4 cup toasted pine nuts or almonds
- 1/4 cup grated Parmesan cheese
- 1/4 cup pitted green olives
- 2 tbsp lemon juice
- 2 tbsp water

Steak

- 1 1/2 lb flank steak

FLASH FOOD



From your fridge
to your table in
30 minutes or less

two days in advance if desired. Make the pesto early in the day. Cook the steak just before eating.

Directions

1. To make the olive parsley pesto: In a food processor, add the parsley, oil, garlic, nuts, cheese, olives and lemon juice. Purée until smooth. If too thick, add the water. Set aside.

2. Grill or sauté steak on medium heat 5 to 8 minutes per side or until done to preference. Let rest for 10 minutes, then slice thinly across the grain. Serve with the pesto. **THE BEST OF ROSE REISMAN (WHITECAP BOOKS) BY ROSE REISMAN**

Nutritional information

Per serving

- **Calories.** 481
- **Carbohydrates.** 2.9 g
- **Fibre.** 0.6 g
- **Protein.** 42.5 g
- **Total fat.** 28.1 g
- **Saturated fat.** 9.4 g
- **Cholesterol.** 120 mg
- **Sodium.** 380 mg



**TOTAL
TIME
ABOUT 26
MINUTES**

This recipe serves four. MIKE MCCOLL, FROM THE BEST OF ROSE REISMAN (WHITECAP BOOKS)



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Make your home office work for you

Home sweet office.

Set up a productive, peaceful work space with these designer tips

MONICA
WEYMOUTH

Metro in New York City

If you're lucky enough to work from home, you know that no work, in the history of work, has ever been done on the couch. Same goes for the kitchen table. And don't even get us started on the coffee shop: If you're not the fresh-faced, making-it-in-the-city star of a romantic comedy, you have no business working out of a coffee shop.

No, free-roaming friends, you need a proper home office. Whether you're a full-time telecommuter or just dabbling in flexible summer hours, we hit up Philly-based interior designer Mel McDaniel (melmcdanielsign.com) for tips on setting up a productive, peaceful space.

Designate a space

No bedroom to spare? No problem. It's not crucial that you designate an entire room — just that you designate some room to be used strictly for business. "Closets, nooks, attics — if you need a home office, the space can be found," says McDaniel. "Look carefully: Is there a large closet that could be converted into an office? Is there a part of a room that would work with a space divider?"

Desk direction

A little feng shui goes a long way when it comes to your desk. "Never put a desk so that the person sitting at it has their back to the door," says McDaniel. "It's very unnerving to work without being able to see the doorway."

Light the way

There's nothing less inspiring than cubicle farm fluorescents. If you're working on your own turf, soften things up overhead, then add additional task lighting near your desk. Pro tip: To

Pet-friendly amenities



Cat got your keyboard? Get kitty her own perch. THEREFINEDFELINE.COM

You can get a sitter (or premium cable) for the kids. But as for cats, well, they lounge where they please. Keep them off your keyboard with the Kitt-In Box, a genius desk extension from The Refined Feline (we've found that it also accommodates small, sleepy dogs).

- \$30 US, thereefinedfeline.com



Don't be afraid of colour. A distinctive look helps separate work and living spaces. ISTOCK

Colour theory

One of the easiest ways to differentiate your office space from your living space

is the paint scheme. "Don't be afraid of colour," advises McDaniel. "Branch out from the main colours in your

home — it will help create a different feel as you transition from the kitchen into your place of work."

'Round the world wisdom

Declaring an end goal adds the push when it comes to shove



LESSONS FROM
THE DESERT
Stéfán Danis
life@metronews.ca

The severe market crash in October 2008 changed my life. I started running to regain my health, both emotional and physical. Shortly after I took my first steps, I ran the Gobi March in China in June '09, followed by the Atacama Crossing in Chile in '10 and the Sahara Race in Egypt in '11. In this post, I share a lesson about life, learned from the desert.

"Over my dead body will I not finish this race," was what Toronto's Alison Simpson said to me while semi-conscious and being injected with two 1-litre bags of saline IV to restore some energy to her severely dehydrated body.

As I walked her back to her tent around 8 p.m.,

all I could do was to offer some encouragement while thinking to myself she was "done." Alison looked in no shape to continue. After completing four marathons in four days, we were facing the dreaded 100-kilometre double marathon the next day.

But the next morning, to our collective amazement, there she was at the starting line — 15 hours away from finishing a slow but steady run to complete the event and keep her promise to herself and anyone who would listen. Looking back on that day, I can say everyone was surprised but Alison: Her declaration was a promise that gave her the will to push through, never considering the alternative.

Alison was part of a group of close to 20 Canadians who had agreed to run the Sahara Race 2011 with me. During training alone, half of our running community had quit, falling victim to the law of diminishing intentions.

Of those who made it to the starting line, two quit on the second day, another on the third. It looked like Alison had plenty of reasons to pull

out, too.

Each of our colleagues who had given up and watched the race from the sidelines realized they could have completed the event had they not succumbed to their feelings — instead of remaining committed to finish. Of course, none of them had made the pronouncement Alison did.

In multi-day ultra-marathons, the level of pain and discomfort is more or less the same for all the athletes. It is what we add to the actual pain, whether we allow it to become "larger than life," that determines if we will push through or not.

Irrespective of the amount of pain Alison was experiencing, to this day I believe she would have crawled 100 kilometres if that's what was necessary to keep her word. Be it in the desert or another of life's obstacles or challenges, it is much easier to push through if we declare our end goals and block the alternatives, no matter how hard it will be to realize them.

STÉFÁN DANIS IS THE CEO OF NEXCAREER AND MANDRAKE, AND THE AUTHOR OF GOBI RUNNER.

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Canucks go back to the London well

NHL. Vancouver drafts pair of players with Forest City connections one year after taking the Knights' Horvat



DAVE
LANGFORD

dave.langford@metronews.ca

London's connection to the Vancouver Canucks became a lot closer on the weekend.

London Junior Knights graduate Jared McCann was taken in the first round, 24th overall, of the NHL draft by the Canucks on Friday. The Sault Ste. Marie Greyhound centre scored 27 goals last season in the Ontario Hockey League.

This came on the same day the Canucks made more room for centres by trading veteran Ryan Kesler to the Anaheim Ducks as part of a three-player deal, also including three draft picks.

Coincidentally, the first-round pick used on McCann was part of the Anaheim deal.

The Stratford-raised McCann joins the Knights' Bo Horvat, drafted ninth overall in the first round by the Canucks in 2013, in competing for four centre positions on the NHL team, including the one vacated by Kesler.

"I think Bo is obviously a year advanced in his development, so his faceoffs are pretty strong and he plays well in the penalty kill," Knights assistant general manager Rob Simpson said Sunday after returning



Jared McCann pulls on a Vancouver Canucks sweater after being chosen 24th overall during the first round of the NHL draft in Philadelphia on Friday. MATT SLOCUM/THE ASSOCIATED PRESS

from the draft in Philadelphia.

"I think Jared is working at it. He's getting better on the defensive side of the puck. He's a kid that buys into it and knows the importance."

On Saturday, a third centre with London connections, Kyle Pettit of the Erie Otters, also went to the Canucks. A teammate of McCann's in the Junior Knights program, he was taken in the sixth round, 156th overall.

Two of the OHL's London Knights were also drafted on the weekend. Left-winger Christian Dvorak, despite be-

On the map

77

Canada ranked first with 77 players selected in this year's draft. Sixty-seven Americans were selected, making the U.S. second.

ing injured most of last season, was taken by Phoenix Coyotes in the second round, 58th overall. He had six goals and eight assists in 33 games.

And right-winger CJ Yakimowicz went to the St.

Louis Blues in the sixth round, 172nd overall, after also playing 33 games for the 2013-14 Knights. He had three goals and four assists.

Meanwhile, a third Junior Knights product, winger Spencer Watson of the Kingston Frontenacs, went to the Los Angeles Kings in the seventh round. All three were coached by Simpson with the minor midgets before he joined the OHL organization.

"It's pretty good to see. Shows you the depth of hockey in London. (A) lot of quality players," Simpson said.

MLB

Blue Jays limp out of June after loss to White Sox

Left-hander Jose Quintana pitched seven strong innings and right-fielder Moises Sierra homered and doubled against his former team as the Chicago White Sox defeated the Toronto Blue Jays 4-0 on Sunday.

The White Sox took the final three games of the four-game series after dropping the opener on Thursday.

Quintana (5-7) held the Blue Jays to three hits and two walks while striking out seven. Meanwhile, Mark Buehrle went eight innings, allowing two runs for the Jays.

The American League East leaders finished June at 12-15 despite winning their first five games of the month. **THE CANADIAN PRESS**

PGA

Rose blooms in playoff win

Justin Rose got his mistake out of the way early and won the Quicken Loans National in a playoff Sunday over Shawn Stefani.

Tied for the lead on the 18th hole, Rose tried to hit through the trees and put it into the water. He atoned for the mistake by making a 15-foot bogey putt and got into a sudden-death playoff when Stefani made bogey on the 17th hole.

In the playoff, Stefani punched out from the trees and repeated Rose's mistake by hooking his shot into the water. Stefan made double bogey, and Rose won with a par.

THE ASSOCIATED PRESS



The Netherlands' Arjen Robben leaps over a Mexican tackle on Sunday in Fortaleza, Brazil. Scan the image with the Metro News app for additional photos from Sunday. WONG MAYE-E/THE ASSOCIATED PRESS

Dutch cook Mexico with 'Plan B'

The Dutch were worried about the oppressive heat at Arena Castelao, and they left it with the stifling hot conditions to thank for a spot in the World Cup quarter-finals.

An inspired tactical change during the second of two official stoppages led to a late goal from Netherlands forward Wesley Sneijder and an injury-time penalty from Klaas Jan Huntelaar in a dramatic 2-1 victory over Mexico on Sunday.

"I moved to 'Plan B' at the cooling break," said Netherlands coach Louis van Gaal, soon to be the manager at Manchester United. "That is a good

Costa Rica edges Greece

Ten-man Costa Rica beat Greece in a penalty shoot-out Sunday to reach the World Cup quarter-finals for the first time.

- Costa Rica won the shootout 5-3 after the game ended 1-1 following extra time.

way to take advantage of those breaks."

Despite scoring 10 goals in three group matches, the

Dutch again started the match with a defensive 5-3-2 system. Van Gaal made the switch to a more attacking 4-3-3 formation in the second half and tweaked it further when referee Pedro Proenca stopped the match in the 76th minute to allow players to rehydrate.

Instead of the Dutch players, it was the Mexicans who wilted in the heat as they conceded twice as many goals in the final minutes of the match as they had in the entire group stage.

The Dutch will next face Costa Rica in the quarter-finals on Saturday in Salvador.

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Horoscopes

Aries

March 21 - April 20

Honesty is by far the best policy, so get ready to tell a loved one something you fear may turn them against you. According to the planets you'll be surprised to discover they don't really care — in the nicest possible way.

Taurus

April 21 - May 21

You need to get serious about your money situation. For too long you've been content to take what you were given but as communications planet Mercury is about to move in your favour again ask for more.

Gemini

May 22 - June 21

Many things will change over the next few days — and mostly nice things. The planets are about to reward you for all the efforts you made but that is not an invitation to stop there.

Cancer

June 22 - July 23

Close your ears to criticism and let your heart lead you. The more others tell you that you are on the wrong course, the more you should keep to the path you are on.

Leo

July 24 - Aug. 23

If you join forces with like-minded people over the next two days you'll accomplish something remarkable. It may not be possible for one person to change the world but many minds working together can.

Virgo

Aug. 24 - Sept. 23

The planets indicate people of authority will look on you favourably over the next few days, so keep doing what you are doing and make sure you do it with a smile.

Libra

Sept. 24 - Oct. 23

Cosmic activity in your fellow Air sign of Gemini will do wonders for your confidence over the next 48 hours and it won't be long before what you've been worrying about is in the dustbin of history.

Scorpio

Oct. 24 - Nov. 22

The more others try to intimidate you today the more you must stick to your guns. They are only criticizing you this much because they fear that your plans might succeed.

Sagittarius

Nov. 23 - Dec. 21

There are times when it is sensible to let others take the lead and this is one of them. As of tomorrow, when Mercury moves in your favour again, you can seize the initiative and make things happen.

Capricorn

Dec. 22 - Jan. 20

You need to get your everyday affairs in order but to do that you will need to be more ruthless. Anything that distracts you from your aims must be cut out of your life altogether. That includes people too.

Aquarius

Jan. 21 - Feb. 19

Be dynamic and make the most of whatever new opportunities come your way. Everything will work out for the best if you believe in yourself and that the Universe is on your side.

Pisces

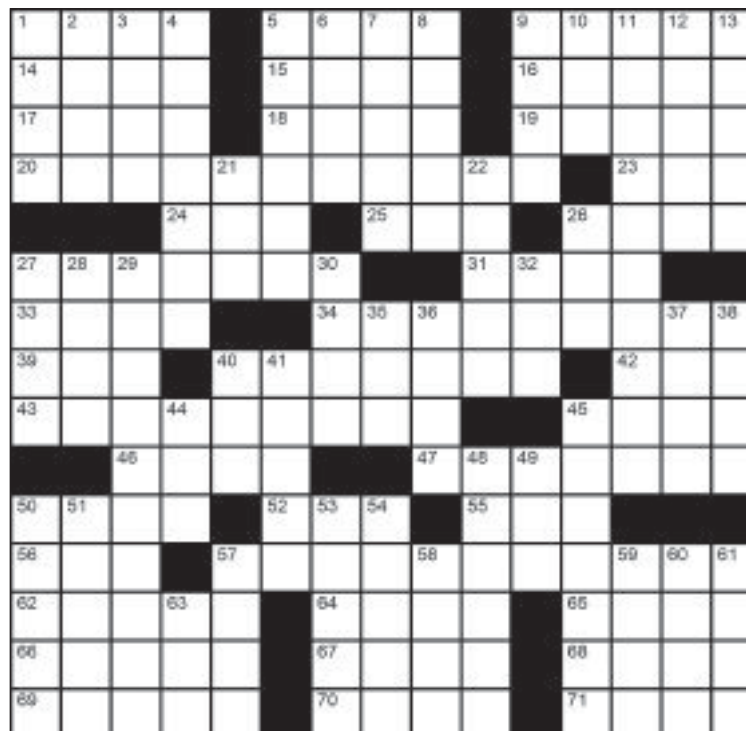
Feb. 20 - March 20

Over the next two days the planets will bring to a head issues you've been avoiding. Once you realize you can no longer run away you'll have to seek solutions. **SALLY BROMPTON**

Crossword: Canada Across and Down

Across

1. Engage in
5. Pouches
9. Particular pear
14. Reunion attendee
15. Firefighter
16. Red veggies
17. Type of tide
18. ___ agreement
19. Classifieds cost: 2 wds.
20. Recently passed away lyricist played by Canadian actor Jake Epstein in Beautiful - The Carole King Musical: 2 wds.
23. Bus. day
24. ___ de cologne
25. Hosiery hue
26. Deejay's exclamation: "It's ___!"
27. Sing without singing [var. sp.]: 2 wds.
31. Skin opening
33. 'Meteor' suffixes
34. Treat of tiers: 2 wds.
39. TV kind
40. TTC = Toronto ___ Commission
42. Fleur-de-___ [var. sp.]
43. Ontario: Town in the County of Dufferin
45. Ms. Ward
46. Thailand, formerly
47. Helix hit: 2 wds.
50. 60-___ bulb
52. Except...
55. King: French
56. Avril's fave mo.
57. It's on display



- especially on July 1st:
2 wds.
62. Cattiness
64. Press
65. Anastasia's dad's job
66. Tartan
67. Woodward
68. Ms. Fitzgerald
69. Feel

70. Meddlesome [var. sp.]
71. "Disco Duck" singer Rick

Down

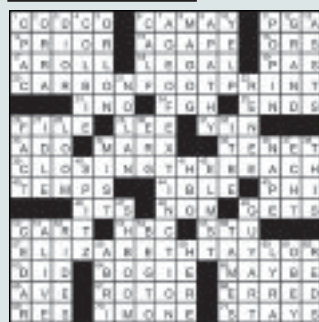
1. Designer Vera
2. Helm position
3. Thickening gum

4. ___ of Ireland aka 'Canada's Titanic' (Ocean liner which sank in the St. Lawrence in 1914)
5. 1980 miniseries
6. ___ Space Museum of Calgary
7. Artsy creation
8. Syllable-singing

- system
9. Lift ___ (Make okay again)
10. Mr. Beatty
11. "Angel Eyes" Canadian singer/guitarist: 2 wds.
12. Comic actress Cheri
13. Exerciser's motto,

- "___ or lose..."
21. "Whoopie!"
22. Where Charlotte-town is, ___
26. Rainbow's shape
27. Abner, et al.
28. Rash reaction
29. Esplanade Riel, ___ bridge in Winnipeg
30. Benny Goodman's instr.
32. Suppertime scrap
35. ___Margret
36. Flanders river
37. Metric weight, briefly
38. Jacob's Bible twin
40. Acronym for time as yet unknown
41. Dance style
44. Illumed
45. ___ the issue (Avoided)
48. Scotland's ___ Islands
49. Crime fighter
50. They look like skinny bees
51. Particular pie
53. Toronto's ___ Station
54. 2013 Ryan Reynolds cartoon about a speedy snail in which he voiced the title character
57. Relinquish control
58. Murrums
59. 1970 rock festival, ___ of Wight
60. Valley
61. Times
63. Shakespearean contraction

Friday's Crossword



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Friday's Sudoku

6	2	3	8	9	5	1	4	7
5	7	8	2	1	4	3	9	6
9	4	1	7	3	6	5	8	2
7	6	9	4	8	1	2	3	5
1	5	2	9	7	3	4	6	8
3	8	4	5	6	2	7	1	9
8	1	5	3	2	9	6	7	4
4	9	6	1	5	7	8	2	3
2	3	7	6	4	8	9	5	1

1		7			4			9
				9	5			4
3				8		6		
		8					1	
		3	6		8	2		
	2					4		
		5		2				9
8			7	3				
	1		5		8		2	

Today

29°/21°
Variable

Tuesday

26°/18°
Thunderstorms

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